

**PUTTING THE PIECES TOGETHER:**  
Communication and Intervention

**BARBARA DEVANEY, LMFT, REAT**  
**[www.barbaradevaney.com](http://www.barbaradevaney.com)**  
**415-267-1831**

Do We Look at the Person's

**BIG PICTURE?**

Our Basic Fundamental Desires  
Help us look at what motivates each of us as  
well as what we  
“need in order to gain value-based  
happiness” (Reiss, pg. 17)

# **16 Basic desires that make our life meaningful:**

- **POWER** is the desire to influence others
- **INDEPENDENCE** is the desire for self-reliance
- **CURIOSITY** is the desire for knowledge
- **ACCEPTANCE** is the desire for inclusion

## **16 Basic Desires cont'd**

- ORDER is the desire for organization
- SAVING is the desire to collect things
- HONOR is the desire to belong to one's parents & heritage
- IDEALISM is the desire for social justice

## **16 Basic Desires cont'd**

- **SOCIAL CONTACT** is the desire for companionship
- **FAMILY** is the desire to raise one's own children
- **STATUS** is the desire for social standing
- **VENGEANCE** is the desire to get even

## **16 Basic Desires cont'd**

- ROMANCE is the desire for sex and beauty
- EATING is the desire to consume food
- PHYSICAL ACTIVITY is the desire for exercise of muscles
- TRANQUILITY is the desire for emotional calm

WHEN THERE IS:  
TOO MUCH or TOO LITTLE  
OF ANY ONE  
BASIC FUNDAMENTAL  
LIFE MAY BE OUT OF BALANCE



WHEN LIFE IS OUT OF BALANCE  
THERE MAY BE “**BEHAVIORS**” WHICH  
SIGNALS SIGNS  
OF  
MENTAL HEALTH ISSUES

# **SIGNS OF ADJUSTMENT DISTURBANCE**

**UNABLE TO COPE WITH STRESS  
NERVOUS & JITTERY  
HOSTILE AND AGGRESSIVE  
VADALIZES OR STEALS  
UNABLE TO HANDLE ROUTINE  
RESPONSIBILITIES**

# **SIGNS OF DEPRESSION:**

**SADNESS**

**CRYING**

**EASILY ANGERED**

**LACK OF INTEREST**

**THINK ABOUT HARMING SELF**

**NOTHING TO LOOK FORWARD TO**

**SLEEP DISTURBANCE**

**DIFFICULTY CONCENTRATING**

# **SIGNS OF ANXIETY**

**FEAR & WORRY**

**THOUGHTS WANDER/DIFFICULTY**

**CONCENTRATING**

**SELF-CONSCIOUS/EASILY**

**EMBARRASSED**

**SHY, TIMID, & BASHFUL**

**DIFFICULTIES RELAXING**

**EXCESSIVE DEPENDENCE**

# **SIGNS OF PSYCHOSIS**

**ODD THOUGHTS**

**HEARING VOICES OF UNKNOWN  
SOURCE**

**INCOHERENT SPEECH**

**MARKED DETERIORATION IN:**

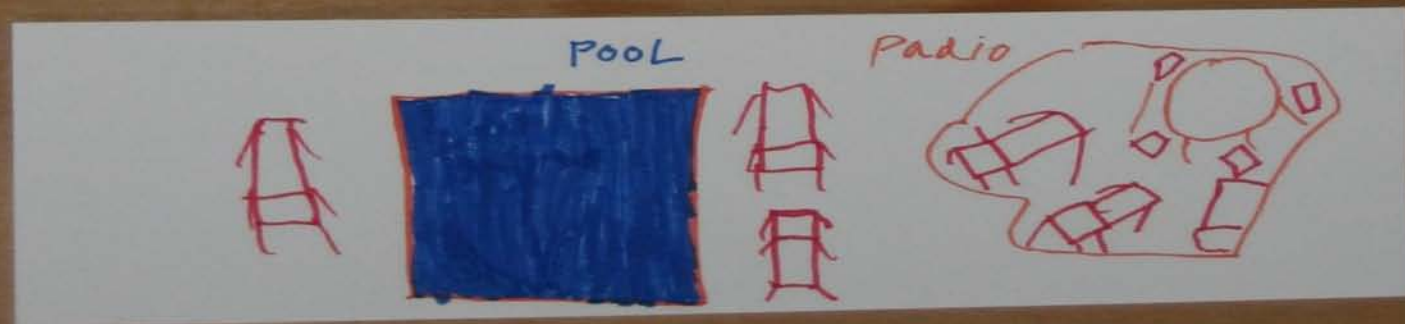
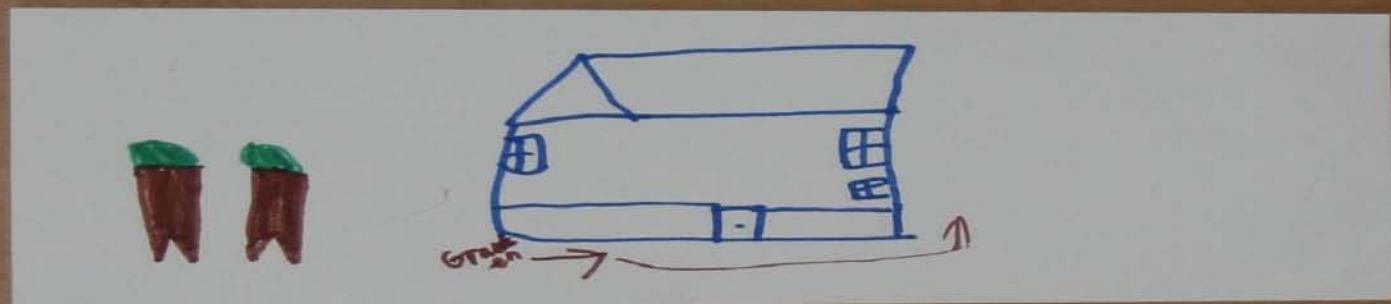
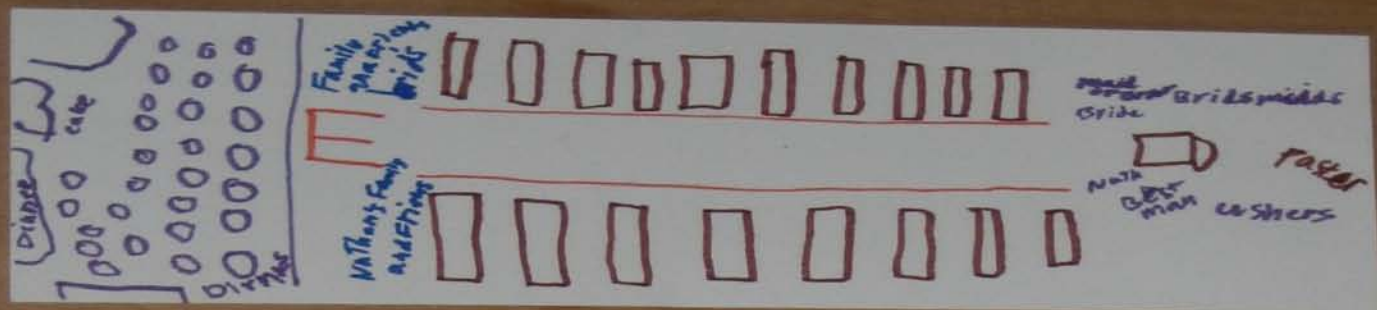
**WORK PERFORMANCE, PHYSICAL  
APPEARANCE & SOCIAL RELATIONS**

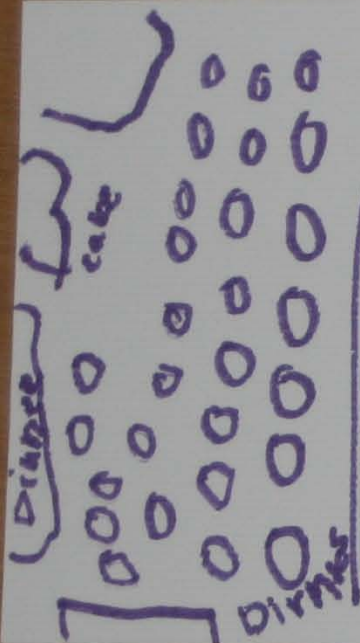
**WITHDRAWAL FROM SOCIAL CONTACTS**

**STRANGE BEHAVIOR:**

**COLLECTING GARBAGE, TALKING TO  
ONESELF, OR HOARDING**

NATE 27 YEAR OLD MAN WITH DOWNS  
SYNDROME WAS BROUGHT INTO  
THERAPY BECAUSE HE WAS NOT  
MOTIVATED TO DO MUCH OF ANYTHING  
WITH THE EXCEPTION OF OVEREATING  
BAD FOODS AND WATCHING T.V.





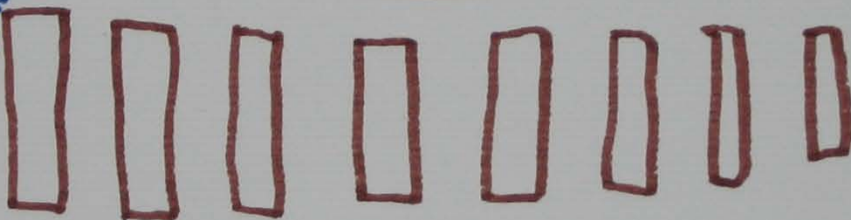
Family  
and Friends  
Bride



maid  
of honor  
Bride  
Bridsmidas

E

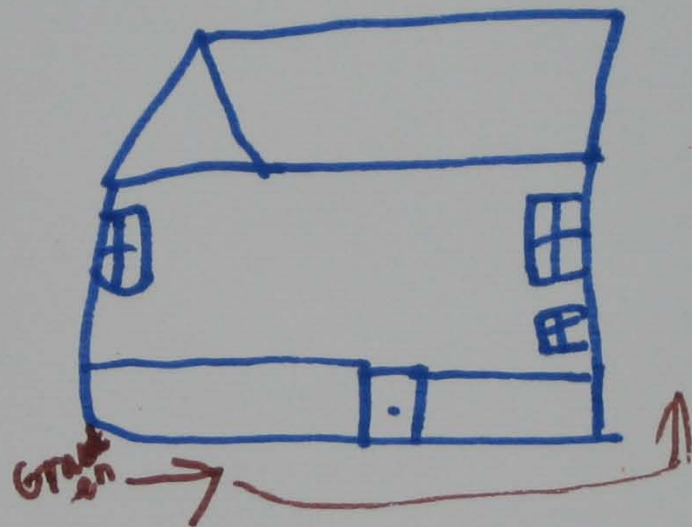
Nathan's Family  
and Friends



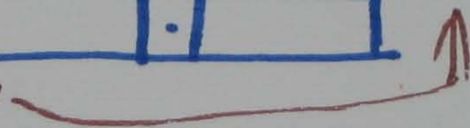
Nathan  
Best  
man

Pastor  
ushers

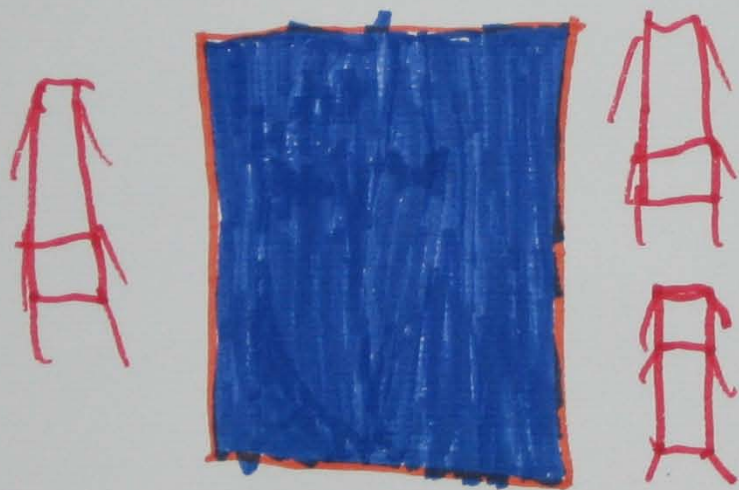




Graben



Pool



Padio



When you helped me,  
You did it FOR me  
Because you knew  
I couldn't do it.

When you assisted me,  
You allowed ME to do it  
Because you knew  
I could do it.

Thank you for knowing  
I could do it.

Sondra Anice Barnes